From
GIRLHOOD
to
WOMANHOOD

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FOREWORD

A girl at the age of twelve years should be told of the change taking place within her body.

Every girl is aware of this change and untold damage has been done through ignorance or false modesty on the part of the mother.

My endeavor is to tell her in a way which might seem plausible to her and which may guard her steps in the future.

It is at best a mystery to all of us and is taken for granted like the many unsolved problems in our lives.

My object was less to treat this subject scientifically than to draw the girl's attention to the importance of her transition from Girlhood to Womanhood.

FROM GIRLHOOD TO WOMANHOOD

I bended down and kissed your cheek,
My baby in your bed,
A flush like sunset filled my heart
And o'er the whole world spread.

The weary world was filled anew
With dreams and hopes divine;
The world is here for you to win,
Oh, angel babe of mine.

I have told you that the most beautiful thing in the world is Love, the most wonderful thing a Baby, the most sacred Parenthood.

Today I shall tell you of one of the most complex things in the world.

I have told you how plants marry, how the love message of the flowers is carried by the bees, the insects, and the wind to their sweetheart flowers; how this love message, or pollen, falls on the seed children resting in the ovaries of the flowers, how these seed-children are thus fertilized and given life so that they may grow into new young plants.

And I have told you how animals marry and how their little seed-children are resting in the female ovaries.

And how, after the male has conveyed his love message of semen to those little seed-children, they can then develop into real animal babies.

And I have told you, too, that we human beings are animals and that in the human female ovaries the little seed babies of the human race are resting, they, too, awaiting the love message which will make them grow into real live babies in a like manner as the baby bud or baby bird or baby cat or any other living thing is developed.

And today, girls, I am writing this story for you alone to read.

For you, whom God has so wonderfully made that some day you may perform the greatest work on earth and enjoy the most sublime happiness that one may experience in this world of ours.

I shall try to lift for you the veil that so cleverly covers the mystery called "Womanhood."

But before doing so, I shall take you back to the realm of animal life.

I have not told you that the cow, the dog, the sheep, and, in fact, most of the four legged animals are called "mammals."

Due to their complex and more perfect organs they are the highest class of animals, except, of course, the human animal, although he, too, belongs to the class of mammals.

Mammals greatly differ from other animals.

They are covered with hair (if you will look closely you will notice that your own body is covered with hair) and not with feathers as is the case with the birds, nor with scales, as are most of our fish.

Mammals also use their limbs when moving about.

Human beings are the only living animals that walk erect, although a few animals, like the kangaroo, hop from place to place with their hind legs.

All mammals, as you know, develop their young in the body of the female.

What you may not know is that all female mammals have breasts.

Some have two, like the human animal, but most of them have more; for instance, the cat has eight, the pig ten.

The mammal mother feeds her young for a time after birth with a fluid commonly called milk, prepared in the mother's body.

This food, or milk, is secreted in the breasts of all female mammals.

The gland supplying the breast with milk is called the mammary gland.

No doubt you have all seen little puppies and little kitties nursing.

And, of course, you have all seen little calves suck at the teats of the "Udder" as the milk retainer of the cow is called.

These little animals are nursed until they are old enough to eat solid food.

And just as the domesticated animals feed their young, so do the wild animals living in the forests or on the hillsides or on the plains feed their baby animals.

Elephants, deer and monkeys are all mammals.

And because the female mammal is in such close contact with her offspring before birth and for weeks, sometimes months, after the birth of her babies, we know that it is natural for her to love her children more than do other animals.

Have you never watched the mother cat take care of her babies?

How she licks their faces and drags them around with her?

How she protects them from harm?

In some animals this mother love is particularly apparent.

Monkeys show their love for their young in a most remarkable way.

They hug and kiss them and carry them about like any human mother does her child.

It is quite amusing to watch a monkey mother punish her child when it misbehaves.

She takes her paw and smacks her youngster on the mouth and utters the queerest sounds; in the next instant she will take her baby in her arms and coo over it, stroking and kissing it, to make the baby feel happy again.

Most mammals have two ovaries in which the ova are resting.

You remember I told you that ova means "egg" or in plants "seed."

When the animal reaches the age when it could, under proper conditions, become a parent, a little egg escapes from the ovary and leaves the body, unless it has been fertilized.

"Fertilized" means that the egg-cell and the sperm-cell have united to make one from the two.

When fertilization has not taken place the ovum (egg) which leaves the body of the higher animals is accompanied, as some scientists claim, by a fluid.

This process goes on at regular intervals; in the highest class of animals as often as once a month.

Scientists tell us that when the little egg leaves the female monkey a fluid resembling blood accompanies the egg. This takes place every four to six weeks.

When you have taken up the study of zoology you will learn about the structure of all animals and you will see for yourself how much we are all alike.

However, my object today is to tell you more about the reproductive organs of the human female, and I want you to bear in mind only that we are classed with the mammals.

Those of you who have reached the age of twelve or thirteen will have noticed that your body has been changing a good deal lately.

You have grown much taller and you have changed in figure.

In other words, you are growing into womanhood.

Your breasts are enlarging; they are sensitive to the touch.

It is the mammary gland that is developing in your breasts, where the wonderful food provision for your future child is made. Its first food will consist of the milk which, during the time the little baby is growing in your body, is being produced there.

You will see that the nipples of your breasts are larger and have turned darker in color.

Hair is beginning to grow on the genital parts of your body that protect your vagina.

You are passing through the age of adolescence, the most important stage of your life.

Your body is being prepared for the sacred privilege of motherhood.

You can easily detect these outer changes to which I have just drawn your attention.

The changes within your body you cannot perceive, but they are even greater than the outer changes.

I have told you that you have two ovaries in your body in which the little seed-children are slumbering.

I shall now tell you the names of the other reproductive organs.

Reproductive organs are thus called because they reproduce their kind.

For instance, the reproductive organs of morning glories reproduce morning glories; the reproductive organs of birds reproduce birds; the reproductive organs of cats reproduce kittens, and so on; and, of course, the reproductive organs of human beings reproduce their kind of offspring—human babies.

Although all of the reproductive organs are in your body at the time of your birth, they perform no function until about the age of thirteen.

So, only now are those vital organs in your bodies beginning their life's work.

These reproductive organs all lie in the pelvis.

The "pelvis" is a bowl-shaped cavity formed by bones at the lower part of the body trunk, just above the place where the legs are joined to the body.

The reproductive organs are the two ovaries, the two fallopian tubes, the uterus and the vagina.

The ovaries, as you know, are the retainers for the ova.

The fallopian tubes connect the ovaries with the uterus.

The uterus is the nest for the development of the future baby.

The vagina, or rather the canal of the vagina, connects the uterus with the external opening of the female body.

The little eggs which have been lying quietly in your ovaries these past twelve or thirteen years are beginning to get restless.

It is as if they wished to see what was going on in the world.

One day a little braver-than-the-rest egg decides to break away from its companions.

It travels through the fallopian tubes into the uterus, through the canal of the vagina, and, if not fertilized, escapes from the vagina into the open.

The ovaries are very small, about the size of an almond, and, as they contain very many eggs, you will realize that these must be very tiny; in fact, so small that they cannot be seen with the naked eye, for they measure only one one-hundred-twentieth of an inch in diameter.

Just as nature has planned to use the sap of plants to feed the little seed or egg which is growing in the ovary of the plant, so God has provided for the use of the blood of animals and human beings to feed the egg or embryo (as the fertile egg is called) growing in the body of the future mother.

At the same time the little egg begins to leave the ovary and travels towards the uterus a quantity of blood is pumped from the heart to the uterus.

If the little egg-cell has become fertilized by uniting with the sperm-cell, this blood remains in the uterus and is made use of as planned, namely, to feed the embryo, just as the sap of the plant feeds the seed.

Now you all know that you do not marry at so young an age as thirteen or fourteen.

And you also know that no egg-cell can become united with the sprem-cell until you marry.

In other words, the little egg which has left the ovary and traveled through the fallopian tube into the uterus will not be fertile before the love-message of the male has reached it.

By the time you reach the age of twenty or thereabouts your uterus will be so strong that married life will not be harmful to you and your uterus will also be strong enough to basket a baby.

You will wonder what happens to this apparently useless blood which was sent to the uterus as food for the embryo.

This blood is used to strengthen the uterus.

The uterus, however, does not absorb all of the blood sent to it from the heart, at regular intervals, so this blood, not absorbed by the uterus, accompanies the little egg, as it leaves the ovary, through the fallopian tube, into the uterus, through the canal of the vagina, out of the opening in the body, into the world.

This external opening is the passageway for the unfertile egg as well as the passageway for the future child.

Nature has so marvelously arranged for the reproduction of the human race that these organs can expand at will when called upon to perform the wonderful task of bringing a new life into the world.

This flow of blood is called "Menstruation."

The word "menstruation" comes from the Latin word "Mensis," meaning lunar-month or, once a month.

So every month, or thirteen times a year, from about thirteen years of age to fifty a woman menstruates.

This menstruation lasts from three to six days, and to avoid staining your underwear, you must wear a cloth during this period. This cloth is made of bird's eye linen, the size of a napkin, and is folded and pinned to a belt, which you can buy at any dry goods store.

This belt is called a sanitary belt—sanitary, as you know, refers to health.

So, you know, to be healthy, you must keep clean.

Everyone ought to take a bath daily.

During the time of menstruation cleanliness is most important. Cold baths should then be avoided but warm sponge baths are most healthful.

No girl should ever touch the genital part of her body except for the purpose of cleansing it, as the vagina must be protected for the wonderful work that it will some day be called upon to perform.

During the days of menstruation you must be careful not to take cold and if you do not overtax your strength by too much exercising, such as jumping, running, and dancing, you will have little or no pain during the days of this discharge.

It is wise to keep the abdomen warm and you must see to it that your bowels are open, that the food you eat is not too rich, so that it may be quickly digested.

You know that it takes blood to aid in your digestion and therefore you must be careful in the choice of your food, as a good deal of your blood is needed elsewhere.

All these precautions, strictly observed, will strengthen your reproductive organs, and when your time comes to bring into the world that darling baby which may be your privilege after you have married the man of your choice, you will be happy to realize that, due to your care, this baby of yours will be strong and beautiful.

And right here, girls, I want to tell you that the selection of a life-mate is the most serious matter that faces us in our lives.

The future race depends upon the purity, the wisdom, and the strength of the present.

And now I am going to tell you why I think God planned that the hair on your head as well as that on the immediate parts of the sexual organs grow heavier than on any other part of your body.

The brain, as you know, is the most important part of your body. I am sure I need not explain to you why.

The sexual organs (which are commonly called privates—private as you know meaning something not to be mentioned except to those very close to us) perform the most sacred tasks and are, therefore, as important as the brain and should, like the brain, be treated with the utmost care and consideration.

To better protect these most important parts of our bodies a heavy growth of hair appears on the surface surrounding them.

As I have told you before, the genital parts must never be touched except to keep them clean, so that when the day that the love-message which will be transmitted to them comes they will be in good shape to receive it.

This, girls, is far more important than you may realize now, for the brain and the reproductive organs are closely related to each other and must be treated with equal care, if you hope to do your duty in this world and enjoy future happiness.

I hope I have explained to you clearly the mystery that apparently surrounds womanhood.

God considered when He made woman that at the age of thirteen or fourteen she is old enough to understand the important place she is to occupy in this glorious world of ours.

Each month you will be reminded of this precious duty and it therefore behooves you to take good care of your health, so that some day you may be called upon to perform the sacred task of Motherhood.

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